



www.sussexca.org.uk



Sussex Cyclists' Association

1921-2020

2020 PRESIDENT – ROB CHARLES, Blazing Saddles.

Open 30 miles Time Trial Sunday 26th July 2020

Course G.30/91

Incorporating Sussex Individual, Veterans and Team Championships

Qualifying event for SCA B.A.R. and SCA SPOCO

Event Secretary: Robin Johnson 7 Gorselands, Billingshurst, West Sussex RH14 9TT
(Brighton Mitre CC) Email: mr_rjohnson@outlook.com
Tel: 01403 783368 (or 07733 132043 on day of event)

Promoted for and on behalf of **Cycling Time Trials** under their rules and regulations

HQ

[Ashington Community Centre](#)

Foster Lane,
Ashington
West Sussex

RH20 3PG

Open from 06:00



Parking available at HQ, then use surrounding roads considerately.

TOILETS open. Hall not open.

Numbers at HQ only. After the event please return your race number to the event HQ in exchange for a cup of tea or coffee.

HQ to start: 2.2 miles

Finish to HQ: 3.6 miles

To return to the HQ

Turn right at Wiston Crossroads on the A283

Course Records

	1:02:49	Colin Ward	2018
Women:	1:16:54	Gina McGeever	2015
Vets:	1:02:49	Colin Ward	2018
Tandem:	1:07:00	Mark Jones + Tony Reeves	2019

www.sussexca.org.uk

Please note the following CTT regulations and recommendations

Helmets: CTT regulations require the compulsory use of helmets for the under 18s. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards.

Competitors' Machines: It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

Competitors' Vehicles: No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish (District regulation).

Safety Instructions: Details of any additional hazards not listed on the start sheet will be displayed at the signing on point.

Warming Up: Competitors are requested not to warm up on the course after the event has started.

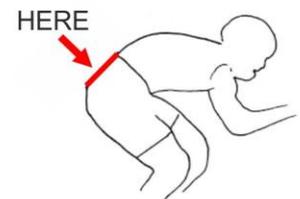
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

Results: No times will be given out at the finish line.

Race Numbers: The race number is made of fluorescent material which is an important safety feature. It is essential that it is placed correctly for maximum visibility to other road users and of course the timekeepers.

Body numbers should be fitted in accordance with Regulation 16 and Arm Numbers should be fitted to the upper arm with the number facing forwards (not inwards).

Be aware that "No time may be recorded if the number is incorrectly positioned".



Additional Safety Instructions

Competitors must exercise extra care at the start and at all roundabouts.

PREVIOUS WINNERS

	2020			
MEN	2019	Howard Bayley	Blazing Saddles	1:04:34
	2018	Colin Ward	Essex Roads CC	1:02:49
	2017	Mark Smith	Crawley Whs.	1:04:23
	2016	Keith Lea	Paceline RT	1:04:49
	2015	Conall Yates	In-Gear Quickvit Trainsharp	1:04:39
	2014	Conall Yates	In-Gear Quickvit Trainsharp	1:05:37
	2013	Steve Kane	Brighton Excelsior CC	1:06:02
	2020			
Women	2019	Karen McGrath	Worthing Excelsior CC	1:21:11
	2018	Lisa Davis	Lewes Wanderers CC	1:19:04
	2017	Gina McGeever	Lewes Wanderers CC	1:18:59
	2016	Katerina Avramides	Brighton Mitre CC	1:21:43
	2015	Gina McGeever	Lewes Wanderers CC	1:16:54
	2014	Nicole Patterson-Lett	Worthing Excelsior CC	1:35:11

	2013	Gina McGeever	Brighton Mitre CC	1:22:11
	2020			
Vets on target time	2019	Dave Pollard	In Gear	+ 18:17
	2018	Ben Fielden	GS Stella	+ 14:11
	2017	Steve Dennis	East Grinstead CC	+ 17:29
	2016	Mike O’Gorman	Worthing Excelsior CC	+ 16:45
	2015	Mike O’Gorman	Worthing Excelsior CC	+ 17:25
	2014	Mike O’Gorman	Worthing Excelsior CC	+ 12:58
	2013	Steve Dennis	East Grinstead CC	+ 15:28
	2020			
Team	2019		Worthing Excelsior CC	3:33:15
	2018		South Downs Bikes	3:24:40
	2017		Worthing Excelsior CC	3:33:59
	2016		Worthing Excelsior CC	3:35:37
	2015		South Downs Bikes	3:27:47
	2014		Brighton Excelsior CC	3:34:39
	2013		Brighton Excelsior CC	3:32:10

Open 30 miles Time Trial Sunday 26th July 2020, course G.30/91

TIMEKEEPER

Richard Blackmore East Grinstead CC

Prizes

1st Man £40
2nd Man £25
3rd Man £15

1st Woman £40

1st Team £20 each.
1st Vet on Target time £25

2nd Vet on Target time £15

1st Tandem £20

As Championship events, this race includes a selection of Trophies, Cups and Medals to be awarded to Sussex CA Riders in various categories:

First Championship Cup for a year, and Sussex C.A. medal

1st woman Sussex C.A. medal

1st Team Sussex C.A. medal

1st Veteran on CTT Target Time Sussex C.A. medal

Cups and medals to be presented at the Annual Sussex Cyclists' Association lunch and prize presentation to be held this winter at Dial Post Village Hall.

V.T.T.A. (SURREY/SUSSEX) group Championship "50" – open to Surrey/Sussex VTTA members)

1st on V.T.T.A. standard Mick Burgess cup for one year + V.T.T.A. medal.

1st Team of three V.T.T.A. medals.

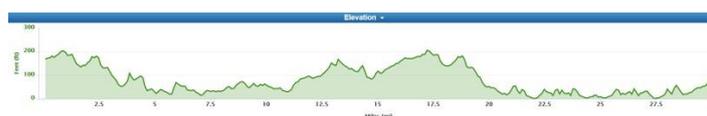
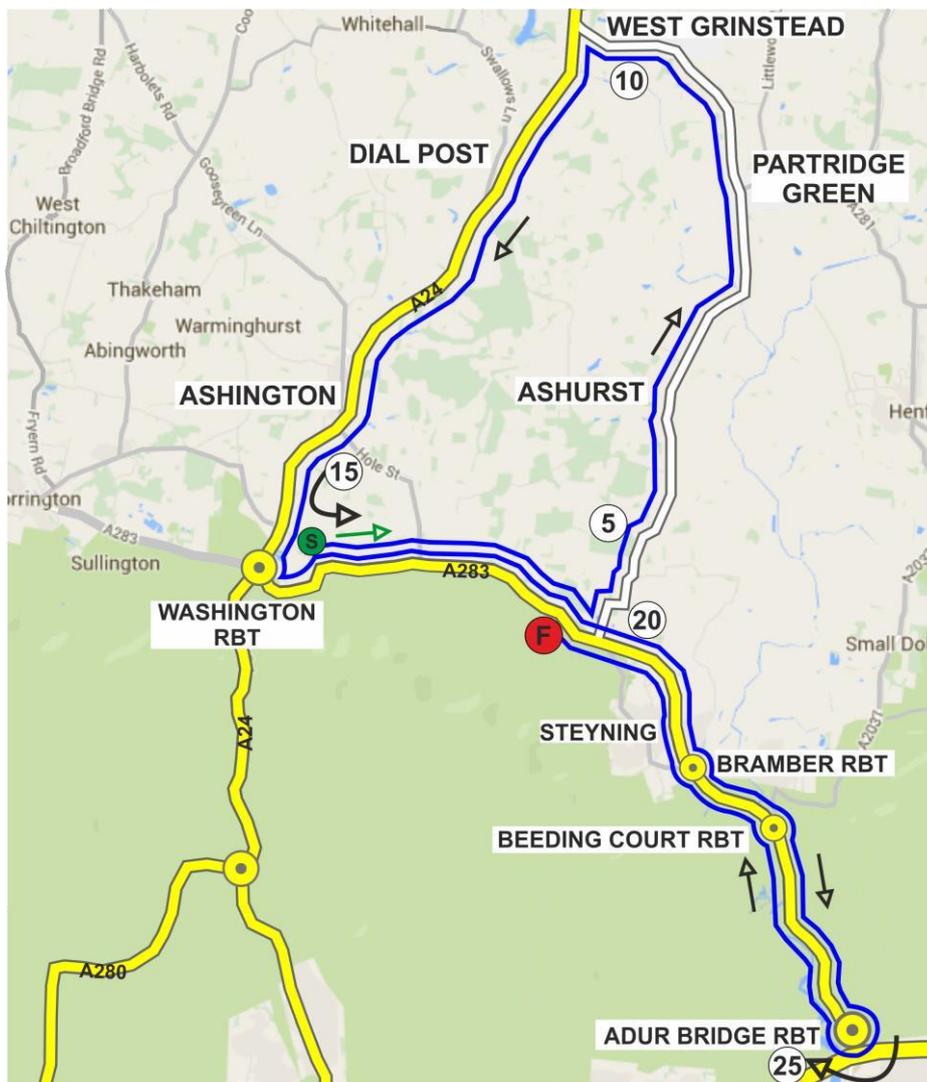
PLEASE NOTE

Prize Presentation

Not this year, prizes will be sent.

Lottery Prizes

None this year.



OS REF (TQ)	COURSE DIRECTIONS – G30/91	MILES	
121134	START in Sandhill Lane, Washington, southeast of Washington RBT (roundabout) 5 yards north of A283 at northern edge of "Sandhill Lane" sign.	0.00	0.00
171125	Join A283 and proceed eastwards along A283 to junction with B2135 at Steyning	3.53	3.53
165214	LEFT and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead	7.02	10.55
120134	LEFT into acceleration lane to join A24 south to Washington RBT	5.88	16.43
209065	LEFT 1 st exit and follow A283 via Bramber Castle and Beeding Court RBT's to Adur Bridge, Shoreham, where TURN	8.42	24.85
164126	4 th exit to retrace via Beeding Court and Bramber Castle RBT's to FINISH at a point 0.44 miles west of Horsham Road T junction (old A283), 0.06 miles west of yellow sign "Chanctonbury House" and opposite 2 foot high wooden pole with "Wildlife Verge" badge.	5.15	30.00

ORDER OF START:

Number	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
1	07:01:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	72
2	07:02:00	Peter	Owen	Norwood Paragon CC	Male	Veteran	59
3	07:03:00	Nigel	Langridge	Crawley Wheelers	Male	Veteran	55
4	07:04:00	Martin	Gibbs	Team TMC	Male	Senior	34
5	07:05:00	Andy	Critchlow	Norwood Paragon CC	Male	Veteran	46
6	07:06:00	James	Dear	Horsham Amphibians Triathlon	Male	Veteran	45
7	07:07:00	Mike	Marchant	Southdown Velo	Male	Veteran	63
8	07:08:00	Peter	Davies	Brighton Mitre CC	Male	Veteran	63
9	07:09:00	Peter	Noble	Epsom CC	Male	Veteran	53
10	07:10:00	Simon	McNamara	HuntBikeWheels.com	Male	Veteran	45
11	07:11:00	Nick	Elson	Woolwich CC	Male	Senior	37
12	07:12:00	Mark	Edmonds	Shaftesbury CC	Male	Veteran	50
13	07:13:00	Brian	Jones	Horsham Cycling	Male	Veteran	69
14	07:14:00	Peter	Horsfield	Redmon CC	Male	Veteran	70
15	07:15:00	Nik	Allen	Worthing Excelsior CC	Male	Veteran	49
16	07:16:00	Andy	Tedd	South Downs Bikes / Casco Pet	Male	Veteran	52
17	07:17:00	Donald	Parker	Brighton Mitre CC	Male	Veteran	71
18	07:18:00	John	Marchment	HuntBikeWheels.com	Male	Veteran	68
19	07:19:00	Gary	Burgess	Brighton Mitre CC	Male	Veteran	56
20	07:20:00	Neil	Harrigan	Gemini BC	Male	Veteran	46
21	07:21:00	Brian	Molloy	Brighton Excelsior CC	Male	Veteran	52
22	07:22:00	Peter	Madarasz	Brighton Triathlon Club	Male	Senior	39
23	07:23:00	Andrew	Quye	Southborough & Dist. Whs	Male	Veteran	58
24	07:24:00	Mark	Vowells (Tricycle)	CC Bexley	Male	Veteran	67
25	07:25:00	Chris	Jones	Bynea Cycling Club	Male	Veteran	46
26	07:26:00	Gavin	Ash	Team TMC	Male	Veteran	40
27	07:27:00	James	Stone	Brighton Excelsior CC	Male	Veteran	51
28	07:28:00	Trevor	Leeding	Worthing Excelsior CC	Male	Veteran	54
29	07:29:00	Peter	Baker	Lewes Wanderers CC	Male	Veteran	62
30	07:30:00	Matthew	Smith	Team TMC	Male	Senior	36
31	07:31:00	Alex	Pearson	Woolwich CC	Male	Veteran	44
32	07:32:00	Nolan	Heather	Worthing Excelsior CC	Male	Veteran	44
33	07:33:00	Daryl	Stroud	Gloucester City Cycling Club	Male	Veteran	55
34	07:34:00	Eva	Zsigoova	...a3crg	Female	Senior	35
35	07:35:00	Pete	Morris	Team TMC	Male	Veteran	41
36	07:36:00	Richard	Tully	Elite Cycling	Male	Veteran	43
37	07:37:00	Steven	Kane	Team TMC	Male	Senior	31
38	07:38:00	Ian	Leeding	Norwood Paragon CC	Male	Veteran	52
39	07:39:00	David	Prom	San Fairy Ann CC	Male	Veteran	50
40	07:40:00	Kevin	Tye	VeloRefined Rule 5	Male	Veteran	58
41	07:41:00	Adam	Wolley	Rapha Cycling Club	Male	Senior	32
42	07:42:00	Oscar	Nilsson-Julien	VC de Londres	Male	Junior	18
43	07:43:00	Kevin	Plummer	South Downs Bikes / Casco Pet	Male	Veteran	55
44	07:44:00	Adrian	Blacker	C and N Cycles RT	Male	Veteran	56
45	07:45:00	Oliver	Stockwell	Flamme Rouge Cycling Team	Male	Junior	18
46	07:46:00	Andrew	Meilak	VeloRefined Rule 5	Male	Veteran	54

TANDEM "30"

Number	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
47	07:47:00	Mark	Emsley	Team TMC	Male	Senior	31
47	07:47:00	Sarah	Phelps	Team TMC	Female	Senior	33

A record entry of 48, up 15 on 2019.

STILL time to enter the "50" on 2nd August.

COVID-19:

CTT instructions:

- 1) Park ONLY in alternate bays, then use adjacent roads, social distancing 2m+.
- 2) HQ not open; outside toilet is, one in, one out.
- 3) Bring your own pen to sign on outside HQ; also bring, if needed, your own safety pins.
- 4) Take with you a rear light (compulsory), a spare tyre/tube, and a mobile phone – no collections available.
- 5) No more than 5 riders, 2m apart, to wait at the start.
- 6) No items to be left at the start or with the timekeeper.
- 7) No push-off.
- 8) At 3.53 miles, we go left on to B2135 at the foot of a descent. Do not swing out without looking behind. NO CROSSING THE DOUBLE WHITE LINES on the B road or you will be disqualified should you still be alive. Note entry fee does not include free burial.
- 9) After racing, sign out, leaving your number in the bowl/bucket of disinfected water.
- 10) No social, no drinks, no food and no prize presentation.
- 11) No result board – top 10 to be on CTT website news later on Sunday.
- 12) All times to be on CTT website results on Monday.
- 13) Please go home.

